TWEET YOUR WAY TO A JOB
SOCIAL MEDIA HELPS: EXPERTS {page 15}

BECKS SOCCER STAR SUES TABLOID DISH {page 10}

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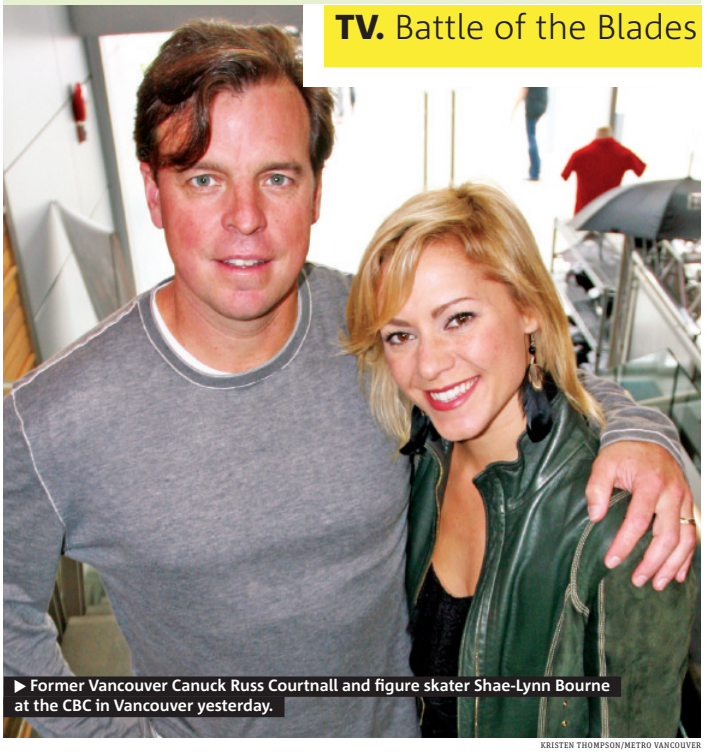
TV. Battle of the Blades



▶ Former Vancouver Canuck Russ Courtnall and figure skater Shae-Lynn Bourne at the CBC in Vancouver yesterday.

KRISTEN THOMPSON/METRO VANCOUVER

Skating showdown back on ice

The duo will be competing in this season of Battle of the Blades, which premiered last night. The program is hosted by Ron McLean and Kurt Browning — a former hockey player and figure skater, respectively — and will air on Sundays at 8 p.m. on CBC. Story, page 3.

More athletes withdraw

Problems continue to plague Commonwealth Games {page 5}

Hornby lanes get backing in poll

56% in favour of separated bike paths {page 2}

Teen dies after park beating

Girl was found seriously injured in a wooded area of Mackie Park Victim's school, Burnsview Secondary, opened yesterday to offer grief counselling

A 15-year-old girl has died after being badly beaten in broad daylight in a Delta park.

Laura Szendrei was walking through Mackie Park to meet up with friends on Saturday afternoon when she was attacked.

She died in hospital yesterday morning.

Const. Sharlene Brooks would not confirm reports that Szendrei was beaten with a bat, nor whether the attack was targeted or random.

"Delta police … have been working through the night processing the crime scene, and still have the area cordoned off to allow investigators to search for anything of evidentiary value," she said.

"Our thoughts and prayers are with (Laura's friends and family) at this most difficult time of unspeakable loss and grief."

Investigators are looking for a man, aged 16 to 25, who may have information. He was wearing a white, short-sleeved shirt and cargo shorts and may have been carrying a backpack.

KRISTEN THOMPSON

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"This is without question a tragic situation and … the loss of this young person's life will have a far-reaching and significant impact on our community."
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1 news

Flood subsides, residents go home

Residents of two B.C. communities who were evacuated after heavy rain triggered floods and a mudslide can return home now that the downpour has died down.

About 70 trailers and a dozen homes were evacuated after a mudslide Friday washed out the main road in the village of Port Alice, on northern Vancouver Island.

In Kingcome Inlet, on the Mainland about 300 kilometres northwest of Vancouver, approximately 70 people were airlifted to safety Saturday after floodwaters continued to rise.

But RCMP Sgt. Phil Lue said yesterday the region is no longer being pelted with rain and excess water has started to recede.

"Things are a lot better, in a nutshell," Lue said.

"We in the North Island here are used to some rain. ... But the amount of rain we did get and the amount of water that was flowing through rivers, streams and creeks (was) phenomenal."

Residents of Port Alice and Kingcome Inlet were allowed to return home yesterday. THE CANADIAN PRESS

YOUTUBE

▶ Kingcome Inlet, flooded by this weekend's rain.

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

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On the web at metronews.ca

Guidy Mamann explores what may potentially be very bad advice offered to aspiring immigrants. More at metronews.ca/immigration

Majority support new bike lane: Poll

New poll shows strong support for Hornby bike lane ◐ If approved, lane could be in by mid-November

SARAH N. FITZGERALD
VANCOUVER@METRONEWS.CA

The Vancouver public is in favour of separated bike lanes on Hornby Street, according to an opinion poll released by the city yesterday.

The Mustel Group asked 500 Hornby Street visitors between Aug. 28 and Sept. 2 about their transportation choices: 56 per cent were in favour of the dedicated lanes.

"We can't add any more roads," said Coun. Geoff Meggs. "So if we're going to continue to grow business downtown, and encourage the economic development … we've got to find a way to grow cycling and pedestrian activity."

Organizations such as the Canadian Federation of Independent Business and the Downtown Vancouver Business Improvement Association have recently spoken out against the bike lanes, claiming they're bad for business.

"What we've seen in other cities is that there's a very positive impact (on businesses)," said Meggs.

According to the poll, most people who drive to Hornby Street park two blocks away, and 47 per cent of those polled admit they'd consider cycling if there were separated bike lanes.

Poll results

- **75 per cent** support a separated downtown bike lane network linking east and west
- **56 per cent** of drivers support the downtown network
- **47 per cent** of those traveling to Hornby Street walk, making it the usual mode of transportation

SARAH N. FITZGERALD/FOR METRO VANCOUVER

▶ Cyclists use the separated bike lane on Dunsmuir Street yesterday.

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Grit versus grace on the ice

Battle Of The Blades hitting CBC airwaves for a second season

KRISTEN THOMPSON
@METRONEWS.CA

Fifteen years with the NHL wasn't enough to prepare former Canuck Russ Courtnall for the demands of figure skating on CBC's Battle Of The Blades.

The former Olympian, along with seven other ex-NHLers, will be paired up with figure skating champions for the second season of the hit series, which is kind of like Dancing With The Stars on ice.

The preview episode aired last night.

"Putting on the (figure) skates … my brain was saying, 'I know how to do this,' and my body was saying, 'You don't,' " said Courtnall.

He said he would go to public skates at his local rink in Los Angeles and eavesdrop on instructors coaching kids to get tips.

"It took me 24 hours of skating by myself to get to the point where I could go on to the ice and not fall down," he said.

▶ Unlikely partners: Former Olympic figure skater Shae-Lynn Bourne, left, and onetime Canucks player Russ Courtnall are hitting the ice together.

Shae-Lynn Bourne, a former Olympic figure skater and fellow competitor, said the challenge for the women is trusting their partners with lifts.

"It takes a long time to earn trust in any relationship," she said. "The guys know they have to take care of their partners. They're such gentlemen."

Bourne and Courtnall said the show does a lot to promote hockey and figure skating to people who may have pre-conceived notions about the two disciplines, or to people who thought the sports were rivals.

"It shows just how difficult figure skating is," Bourne said. "We should be very proud because Canada rocks at figure skating and hockey."

Added Courtnall: "It's brought both sports together."

Frosty battle

- **The series** pairs figure skaters and ex-hockey players competing for the top prize of $100,000.
- **The prize** is donated to the winner's charity of choice.
- **Other competitors** include figure skaters Jamie Sale and Ekaterina Gordeeva, and former NHLers P.J. Stock and Theo Fleury.

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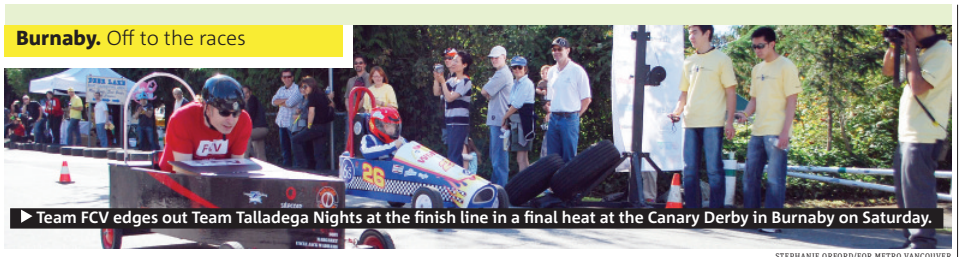
Burnaby. Off to the races



▶ Team FCV edges out Team Talladega Nights at the finish line in a final heat at the Canary Derby in Burnaby on Saturday.

STEPHANIE ORFORD/FOR METRO VANCOUVER

Soapbox derby

Soapbox car fanatics gathered at Deer Lake to watch fourteen soapbox derby teams battle it out. Cars of all shapes and sizes barrelled down the hill, some with their drivers sealed inside. Team Aquatic Informatics won this year's race, at 36.26 seconds. This year's Derby raised a total of $80,542 for early cancer detection.

News in brief

Man stabbed, robbed in bathroom

CRIME. A 36-year-old Port Coquitlam man was taken to hospital with serious injuries after he was stabbed three times yesterday at McDonald's while having breakfast with his family. The man was attacked and robbed while in the washroom.

METRO VANCOUVER

Shooting victim ID'd

DEATH. Vancouver Police have identified a man shot to death at Happy Blossom Restaurant on Kingsway as Lin Wah Sam, 59. Investigators said Sam was targeted. The suspect has not been found.

KRISTEN THOMPSON

Sex offender missing

SEARCH. Police are warning the public that a high-risk sex offender is missing after failing to return to his halfway house in Vancouver. Anyone who sees Darrell Gregory Plessis, 42, is asked to call 9-1-1.

KRISTEN THOMPSON

Funeral held for Pickton victim

MEMORIAL. A funeral was held Saturday in Altberta for Georgina Papin, one of the victims of serial killer Robert Pickton. Papin was 35 when she disappeared in 1999.

METRO VANCOUVER

RCMP launch internal investigation

PRISONER TREATMENT. Prince George RCMP have initiated an internal investigation into the conduct of three of its members and their treatment of a female prisoner on Aug. 27.

SARAH N. FITZGERALD

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Afterward, watch the people behind the top-voted or most creative ideas from our Talk Green to Us forum pitch their ideas to a panel that includes Mayor Gregor Robertson, CBC's Bill Richardson, and local experts.

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SHARE YOUR IDEAS AT talkgreentous.ca

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RAJSHEKHAR RAO/THE ASSOCIATED PRESS

▶ Workers transplant saplings for landscaping outside the Indira Gandhi International Stadium ahead of the Commonwealth Games in New Delhi, India.

Woes continue to plague India before Games

Snake found in athlete's room ◗ Incident follows collapse of bridge, shooting of tourists last week

Two more Australian athletes withdrew yesterday and a South African competitor reportedly found a snake in his room as complaints over cleanliness, security and construction continued to dog the troubled Commonwealth Games a week before the sporting event opens in New Delhi.

While international sports officials have said the situation had improved dramatically in the athletes' village over the past couple days — after inspections last week turned up rooms spattered with chewing tobacco and human excrement — some teams said the situation remained grim.

Tuelo Serufho, head of the Botswana contingent, told Press Trust of India that his team's rooms in the village were "unlivable for our athletes," with filthy bedsheets, bathroom fixtures that did not work and construction debris yet to be cleared away.

The multi-sport games, held every four years, bring together nearly 7,000 athletes and officials from 71 countries and territories from across the former British empire. The games were meant to be a coming-out party for India to cement its reputation as a growing regional power. Instead, its image has been battered by negative publicity about its frantic last-minute efforts to get ready for an event it knew it was hosting seven years ago.

Canadian athletes are expected to begin arriving today. The games open Oct. 3.

Last week, a bridge leading to the main stadium collapsed, and two tourists were shot and wounded outside a tourist attraction.

THE ASSOCIATED PRESS

ENERGY EFFICIENCY

Fed grants wasted on business

Federal grants to improve the energy efficiency of existing buildings across Canada worked reasonably well for homeowners but were largely a waste of money for businesses, a new study suggests.

The so-called eco-ENERGY program that the Conservative government introduced in 2007 prompted about half a million homeowners to insulate walls and attics, buy better furnaces and plug air leaks — most of it work that otherwise would not have been done.

But the majority of businesses that received grants under the program would have done the retrofits anyway, without the incentive of federal cash.

Those findings are from a draft evaluation of the $864-million ecoENERGY program, obtained under the Access to Information Act.

THE CANADIAN PRESS

Canadian free after bomb scare

A Canadian man pulled off a Pakistani passenger jet flying from Toronto and detained over a bomb scare Saturday was freed, but RCMP were considering if a tipster should be charged with calling in a hoax.

Swedish police said the call was made by a woman in Canada, but after questioning passengers, crew and the suspect, police deemed there was no threat. THE CANADIAN PRESS

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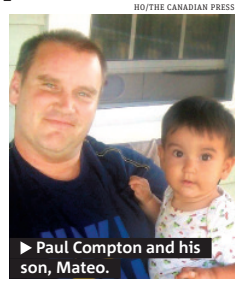
Bill may create lost Canadians

Limit introduced to preserve value of citizenship: Government

HO/THE CANADIAN PRESS



▶ Paul Compton and his son, Mateo.

When Paul Compton was born in Scotland, his parents rushed to register him as a "Canadian born abroad." They were finishing university and were eager to cross the Atlantic to raise their son as a true Canuck.

But 40 years later, their effort to ensure their son's citizenship has resulted in their grandson being ineligible to claim his.

Compton's son Mateo was born in Lima, Peru, just five months after a revamp of the Citizenship Act last April brought a first-generation limit to citizenship by descent for Canadians born abroad.

"It's ludicrous," said Compton. "The most important thing for me to do for my children would be to give them my heritage of being Canadian. And I can't do that.

"They've taken the pride I had at being Canadian away from me."

THE CANADIAN PRESS

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Grocers say prices falling

Industry experts say trend is expected to reverse next year

TORSTAR NEWS SERVICE FILE

▶ Sobeys, Loblaws and Metro, which together make up 60 per cent of the Canadian grocery market, maintain that ultra-competitive pricing is causing prices to fall and is taking a toll on their bottom lines.

Industry insiders say if grocery prices are falling, as Canada's largest grocery chains report, it's hard to tell because they don't reveal how they calculate price fluctuation and the declines are likely limited to highly competitive areas and selected promotional products.

Furthermore, any price deflation will soon be erased by higher costs and improved demand.

Economists, organizations, academics and analysts say short-term food price deflation is based on chains competing for scarce shopping dollars and will rise into next year along with improved consumer sentiment and commodity prices.

The rising prices of key crops like wheat and corn, which are found in an array of items on supermarket shelves, and of other staples like coffee and sugar is going to further squeeze grocers' margins.

Wheat prices are expected to spike into next year after Russia — the world's third-largest wheat exporter — extended its export ban on wheat and feed grains until next November, following a severe drought. Corn prices are also expected to rise due to an increase in demand for ethanol use.

THE CANADIAN PRESS

Market moment

DOLLAR	Natural gas 1,000 sq ft	OIL	TSX
+ 0.79¢ (97.50¢)	US $3.892 (– 12.7¢)	+ $1.31 ($76.49)	– 103.07 (12,204.86)
	Gold contracts $1,296 (+$1.80)		

Traders eye benchmark data

Traders looking for reassurance that the economic revival is on track will focus on key data this week concerning growth in Canada and the state of the American manufacturing sector.

The July reading on Canadian gross domestic product comes out on Thursday while the widely watched U.S. Institute for Supply Management's manufacturing index will be released Friday. Both will serve as curtain-raisers for the September employment reports for Canada and the U.S. expected on Oct. 8.

2%
Overall, the economy grew at an annualized rate of two per cent in the second quarter.

Expectations for Canadian growth are modest as the U.S. economy and much of the rest of the world have faltered in recent months.

"It certainly looks like the Canadian economy is in a bit of a soft patch here," said John Johnston, chief strategist at the Harbour Group at RBC Dominion Securities. THE CANADIAN PRESS

Citigroup gives raises to execs

Citigroup, still partly owned by the U.S. government after a rescue during the financial meltdown, is giving raises to top executives.

CEO Vikram Pandit, who is drawing a salary of $1 for the second year in a row, did not get a raise.

THE ASSOCIATED PRESS

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PAUL SULLIVAN

It's often said there is a touch of madness inherent in B.C. politics.

It goes all the way back to Amor de Cosmos, who was elected the second premier of British Columbia 138 years ago, and was eventually declared mad.

It's not every jurisdiction that has a wing nut for a founding father, but by all accounts de Cosmos qualified. He was given to public outbursts of tears, feared electricity and, in 1895, was declared insane.

His real name was Bill Smith, but Lover of the Cosmos is just that much wing-nuttier.

Bill/Amor set the tone for B.C. politics, and ever since we've been guided or misguided by a cult of characters, from Flying Phil Gaglardi, the highways minister with a penchant for speeding tickets, to our current Bill, Vander Zalm.

Vander Zalm joined the Friends of Amor de Cosmos when he floated an ersatz castle down the Fraser River and set it up near Highway 99 as the centrepiece for Fantasy Gardens. And as with Amor de Cosmos, his term as premier ended in disgrace.

"It's not every jurisdiction that has a wing nut for a founding father, but by all accounts de Cosmos qualified. He was given to public outbursts of tears, feared electricity ..."

But it doesn't seem to matter. Bill is back, harassing Liberals as if he never left. Singlehandedly, he has forced Gordon Campbell to call a referendum on the HST, something Campbell never wanted to do. Maybe he was hoping he could break an election promise, impose the HST, and have four years to put the sheep back to sleep before he had to go to the polls again.

But nope. Wild Bill rode in from the tulip patch and rode that varmint Campbell down. A completely rational individual would now sweep off his Stetson, take a bow and ride into the sunset, tattered reputation restored.

It looks, however, as if Wild Bill has a touch of the B.C. barking disease. Now he's planning on mobilizing his posse to run down and recall 19 B.C. MLAs for the great crime of trying to support their leader's stupid tax tricks.

Bill's timing (at least) is a bit off. Everyone is focused on the HST referendum, which will happen a year from now, or sooner. No one wants to watch Vander Zalm lynch poor defenceless backbenchers. It's pointless, almost unseemly.

Let's give the old warrior this: It's hard to give up the spotlight once you've got it back.

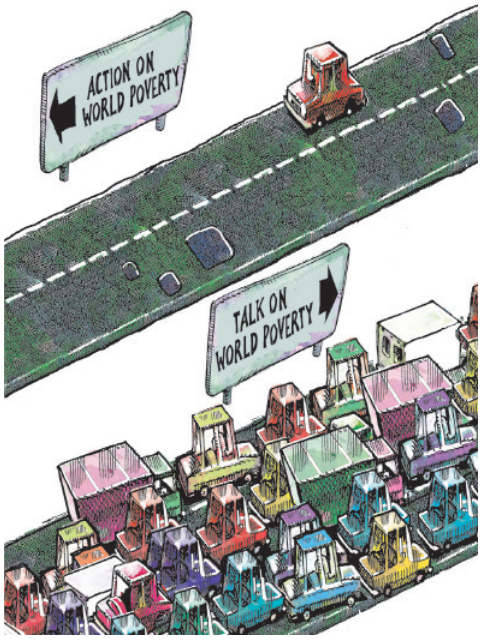
But how long before the posse gets saddle sores and heads for the saloon? All that recallin's just plumb hard work. So Bill, maybe you should just get up on that old hobby horse and ride on.

Alone.

Cartoon

MICHAEL DE ADDER

Less mumbo jumbo



Worth mentioning

Bureaucrats at the federal energy watchdog are about to get a crash course in clear writing.

The National Energy Board has hired a consultant to give its staff plain-language training, new documents show.

The training will cost about $155,000.

The energy board says the public will have an easier time understanding its reports and rulings if they're written in simple sentences.

The board has been reviewing offshore drilling rules since a rig exploded in the Gulf of Mexico and caused a catastrophic oil spill that tooks months to plug.

Documents obtained by The Canadian Press under the Access to Information Act show the board's vice chair took a plain-language course and thought the training could help her staff. The board has brought in Calgary-based Wordsmith Associates to give two-day courses, which will be held five times a year for the next three years.

But one critic says Canadians shouldn't have to foot the bill for such a seemingly basic skill. "So, taxpayers, in effect, are paying to translate bureaucratese into English, or French per se?" said Kevin Gaudet, head of the Canadian Taxpayers Federation. "Great." THE CANADIAN PRESS

Keep it simple

What superpower do you wish you had? Why?

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Metro Minute at Spike & Mike's

Looking to let your inner child out?

Head down to Rio on Broadway at 1660 East Broadway Ave., and take in Spike & Mike's New Generation of Animation.

The festival, which is an alternative to The Sick & Twisted Festival Of Animation, offers something for almost everyone and focuses on the best and funniest animated shorts the world has to offer.

Contained in the 80-minute screening are 19 international films that are all rated PG, although no children younger than six will be admitted.

Admission is $10.

For more information about the festival, email info@riotheatre.ca.

SARAH N. FITZGERALD

CONTRIBUTED

▶ The Rio on Broadway will host Spike & Mike's New Generation of Animation.

The story behind Facebook's creation

Author Ben Mezrich's 'non-fiction thriller' explores how several Harvard students created a billion-dollar social networking industry

CÉLIA PEDROSA
SCENE@METRONEWS.CA

American author Ben Mezrich recounts the birth of the world's biggest social network in the controversial book Accidental Billionaires: The Founding of Facebook, A Tale of Sex, Money, Genius and Betrayal. Two students and friends, Mark Zuckerberg and Eduardo Saverin, wanted to meet girls and be accepted into the Harvard elite, so they started up a fledgling version of the now ubiquitous social network. The friendship ended up in court, and Saverin decided to tell his story to Mezrich. The book was adapted into a movie, The Social Network, that is coming out this Friday.

Mezrich spoke to Metro's Celia Pedroso.

Where did the idea for the book come from?

It started with an email I got from a college kid who was best friends with Eduardo Saverin. Eduardo wanted to tell me his story, about how he felt he had been betrayed by his best friend. I was fascinated by the drama of the youngest billionaire in the world, and what he had done to create Facebook. I was already on Facebook, and my wife uses it every day. I didn't know anything about how it had been founded, or the drama surrounding these two best friends.

What surprises did your investigation unearth?

I was surprised by how fast Facebook became this billion dollar company — and also how none of the characters central to the story really cared that much about getting rich. Mark (Zuckerberg) doesn't care about money, just about Facebook. It was amazing to see how these geeky college kids, who really just wanted to meet girls and be cool, managed to change the world.

Why did you decide to write it as a novel?

Actually, it isn't a novel, it's a nonfiction thriller — a genre that I am creating with my books, true stories written as if they were movies. This is my style — it upsets some journalists, especially here in the U.S., but I think it's a great way to tell a true story. The facts of the book are true, it's just written like a thriller.

ETHAN MILLER/GETTY IMAGES

▶ Ben Mezrich wrote the book Accidental Billionaires: The Founding of Facebook, A Tale of Sex, Money, Genius and Betrayal. The book was adapted for the movie The Social Network.

2 scene

Box Office

Movie fans are investing in Michael Douglas and Oliver Stone's Wall Street sequel.

Wall Street: Money Never Sleeps debuted as the No. 1 weekend movie with $19 million, leading a crop of so-so to weak newcomers.

The sequel to 1987's Wall Street sequel reunites director Stone and Douglas, who reprises his role as investment shark Gordon Gekko.

The movie co-stars Shia LaBeouf, Carey Mulligan and Josh Brolin in a tale set amid the 2008 economic meltdown.

The animated adventure Legend of the Guardians: The Owls of Ga'Hoole opened in second place with $16.3 million.

The mother-daughter comedy You Again debuted at No. 5 with $8.3 million.

THE ASSOCIATED PRESS

It's a wrap: 'Reach' marks bittersweet finale for Halo composer Marty O'Donnell

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The Amazing Race premiered last night. Who would you choose to be your race partner?

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@_psuedonymph MacGyver or James Bond
@employmebcnvan My hubby! He has incredible endurance, speaks French, will eat anything and is extremely strong mentally!
@melissa_k_ryan I think I'd like to race with my brother :)

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▶ LiLo's brush with the law continues.

Lohan out of jail on $300K bail

Once again, Lindsay Lohan didn't spend very long in jail.

The troubled actress was taken into custody Friday for her parole-violating positive drug test, but just before midnight she posted $300,000 bail and was released after the judge's denial of bail order was reversed, according to People magazine.

Lohan is free until her next hearing on October 22, but she must once again wear an alcohol-monitoring anklet, and she also must stay out of any establishments where "alcohol is the chief item for sale."

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▶ David Beckham

Becks sues rag mag

David Beckham is suing In Touch Weekly for reporting that he had cheated on Victoria Beckham in 2007 with a prostitute, according to Hollyscoop. Irma Nici, who claims David slept with her five times three years ago, is also named in the suit. The soccer star's lawyers insist the claims "are completely untrue and totally ridiculous ... Sadly we live in a world where a magazine can print lies."

METRO

Talking points

Perry, Brand buy 'crash pad'

HOMEMAKERS. Ahead of their impending nuptials, Katy Perry and Russell Brand are snatching up some new property. The pair recently closed on a $2.7 million two-bedroom penthouse apartment in lower Manhattan.

METRO

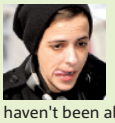
Who's afraid of Bieber?

CANADIAN THREAT. Though Justin Bieber has been taking some of their spotlight away, the Jonas Brothers aren't worried about the Canadian singer's increasing popularity. "I think there is room for everybody," eldest brother Kevin Jonas says. "We're not afraid of anything or worried about anything."

METRO

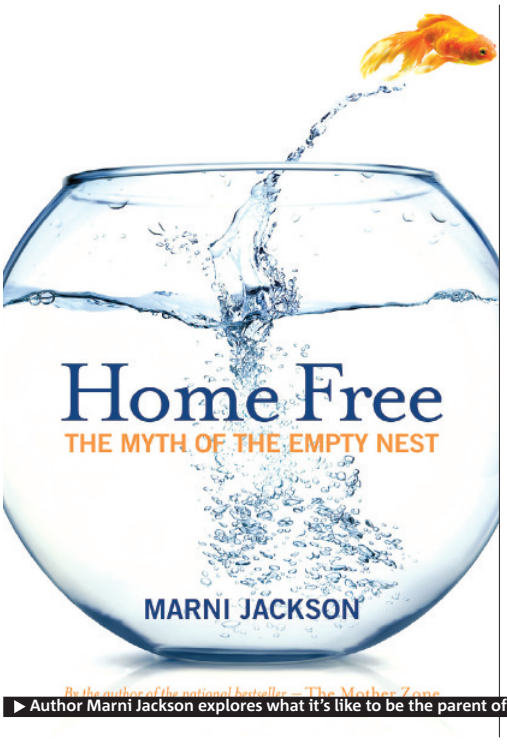
Celebrity tweets

Eliza Dushku [@elizadushku] there's a blowtorch on my tonsils


Samantha Ronson [@samantharonson] haven't been able to see her since her fall from grace :(

Jonathan Ross [@wossy] The dentist told me I produce a lot of saliva. Apparently that's a compliment

Katy Perry [@katyperry] Wow, looks like my play date with Elmo has been cut short!



GEOFF GEORGE/HANDOUT/THE CANADIAN PRESS

▶ Author Marni Jackson explores what it's like to be the parent of a young adult in Home Free.

Exploring the myth of the empty nest

When author Marni Jackson was writing Home Free, she was really astonished at the expectations she brought to her son's future

The author of one of Canada's early "mother-lit" books has returned to her old terrain, this time exploring the "push-pull" that takes place as parents watch their grown offspring head out into an increasingly complicated world.

The new memoir Home Free: The Myth of the Empty Nest by Marni Jackson serves as a followup to The Mother Zone, published in 1992 and dealing with the birth, toddler and early childhood years of son Casey.

"The Mother Zone was about me surrendering to motherhood … which is part of the joy, but I was busy being very independent, so that was difficult," Jackson said.

"Whereas, of course, this third act of family is about … learning to un-mother, and it's about not doing things, and it's about zipping your lip and pulling back, and putting your focus on yourself and other things."

"This third act of family is about … learning to un-mother, and it's about not doing things." MARNI JACKSON

The much-talked-about boomerang generation — kids returning to the empty nest — was the subject of a New York Times article about young people taking longer to reach adulthood.

Jackson said what happens in the family reflects economic, political and social forces.

"And I think that's what's happening now is a lot of this 20-somethings not growing up, of course, reflects the economy," she said. THE CANADIAN PRESS

Professionalization

- Jackson noted that parenting wasn't a common topic among writers when she wrote the first instalment, but now we're flooded with parenting books.
- What took place was a "professionalization of parenthood," she observed.
- "Partly I think that happened because a lot of women who were determined to have careers and be full-time workers went 'wait a minute, I'm missing out on family.'"

3 life

Welcome

Disney memories online

Disney has launched a website with the sole purpose of showcasing photos, videos and other user-generated content from park visitors and fans. "We're inviting our guests to share their family memories online and in the parks." said Tom Staggs, chairman of Walt Disney Parks and Resorts, at a New York event last week launching the site, DisneyParks.com/Memories.

THE CANADIAN PRESS

ScanLife

1 in 5 gay or bisexual men has HIV and many don't know it: CDC study

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UBC

Yummy squash chowder

Hearty butternut squash and scallop chowder a healthy choice

The term chowder usually brings to mind a steaming bowl of thick and chunky soup, often enriched with a generous amount of whole milk, or even cream.

It's that last part that can dishearten the diet-conscious diner. Soups and some stews can be a great way to fill up on low-calorie vegetables, proteins and liquid, leaving you satisfied without feeling stuffed. But too much cream, milk or sour cream can take the virtue right out of the meal.

Yet there are ways to have a creamy and healthful soup. For instance, consider starting with a base of puréed vegetables. Winter vegetables — such as butternut or buttercup squash, pumpkin or even sweet potatoes — can be roasted to intensify the flavours, then run through a food mill, blender or food processor to make a velvety, creamy base.

For this butternut squash and scallop chowder the secret to low-fat thickening comes from a snack food. Crumbled tortilla chips dissolve in the soup while it's cooking, adding plenty of body along with a layer of toasty corn flavour.

Preparation:

1. In a large pot over medium-low heat, combine squash, salsa, broth and tortilla chips. Bring to a simmer, cover pot and cook until squash is tender, 5 to 7 minutes.
2. Stir in corn, oregano and cumin. Return soup to a simmer, stir in scallops and cook until they are opaque at the centre, 2 to 3 minutes more.
3. Stir in lime juice. Serve with additional lime wedges for squeezing.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

▶ Butternut squash and scallop chowder.

Ingredients :

- 500 ml (2 cups) peeled and diced butternut or other winter squash
- 500 ml (2 cups) medium or hot tomato salsa
- 1 can (398 ml/14 oz) reduced-sodium chicken broth
- 75 ml (1/3 cup) crumbled reduced-fat corn tortilla chips
- 500 ml (2 cups) frozen corn kernels
- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) ground cumin
- 500 g (1 lb) bay scallops
- 15 ml (1 tbsp) lime juice
- Lime wedges

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WET ALTERNATIVE TO DRY CLEANING

QUESTION:
How can I safely clean clothes labelled "dry clean only" and avoid toxic chemicals used by dry cleaners?

Robin from Vancouver

The toxic chemical you are referring to is known as perchloroethylene (or perc), and most dry cleaners use it as the primary cleaning solvent.

Unfortunately, perc is a carcinogen and respiratory irritant. Fumes from slightly damp dry cleaning can contribute to indoor air pollution, evaporating from your clothing. So if you must use conventional dry cleaning, remove the plastic bag and hang clothes outside to speed up the evaporation of solvents. This will prevent off-gassing of chemicals into your home.

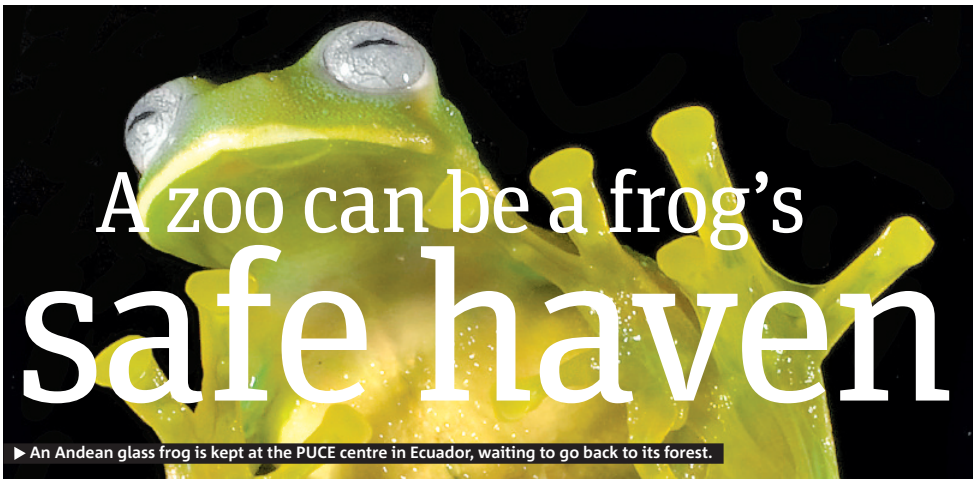
One option is to avoid or limit your purchases of clothes labelled "dry clean only." And many items can be carefully hand-washed with a mild eco-friendly soap and dried flat.

The good news is that a new type dry cleaning called wet cleaning — that's better for you and the environment — is on the rise.

Find a business that performs water-process dry cleaning or perc-free cleaning near you. Or, if you have a favourite place, ask them to switch to a "greener" alternative.

David Suzuki Foundation

Thanks to breeding and reintroduction programs at zoos and aquariums around the world, rare animals and amphibians are making a comeback



A zoo can be a frog's safe haven

▶ An Andean glass frog is kept at the PUCE centre in Ecuador, waiting to go back to its forest.

When Przewalski horses galloped across Mongolia's Gobi desert in 1992, it was a sight that hadn't been seen since the 1960s.

That a few hundred of the world's only remaining true wild horses now roam their native Mongolia again is partly thanks to dedicated work by conservationists at zoos in several European countries.

"They are doing very," says Dr. Gerald Dick, director of The World Association of Zoos and Aquariums (WAZA) in Geneva. "This is an example where zoos have really made a difference."

He has co-written a book, Building a Future for Wildlife, highlighting 25 similar success stories where animals have made comebacks in their natural habitat thanks to breeding and reintroduction programs at zoos and aquariums around the world.

Urgently in danger today are many of the world's frogs and amphibians. Almost a third are at the risk of extinction.

Zoos are in a good position to work for conservation because of their access to animals and expertise in taking care of them. METRO

▶ Two Przewalski mares.

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How Facebook took over the world

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The Facebook Effect
Author: David Kirkpatrick
Publisher: Simon & Schuster, 335 pages
Cost: $34.00

Timing couldn't be more aplomb for this review given the release this week of the highly anticipated film The Social Network. David Kirkpatrick details the insanely fascinating birth of Facebook.com. Originally called TheFaceBook — aptly named after the Harvard Freshman Register, which published images of the incoming Frosh and of course the birth campus of the site — it was actually the second incarnation of a site CEO Mark Zuckerberg developed called Facemash. The first site was a Hot or Not style website for Harvard students to rate who the hottest students on campus were ... it was short lived and almost resulted in Zuckerberg being suspended.

The facts alone are insane, and even more so when you consider that this book was just published in June 2010 and described Facebook as the second most visited website after Google. But just last week, Facebook usurped Google for most "time spent" online.

The original foursome — which included Zuckerberg, Dustin Moskovitz, Chris Hughes and Eduardo Saverin — were devoted to the project, consumed with the ideal of changing the world, not with making money. Their dedication was so ingrained, aggressive even, which was marked by the kind of language they used in the midst of their almost continuous, silent (instant message only) programming marathons ... words like Lock down and Dominate, referring to their ambitions to take on their competition. Its no wonder Mark Zuckerberg's corporate profile describes him as "Founder, Master, and Commander, Enemy of the State." Facebook is our world, and its impact is constantly being seen politically and locally — and of course in business.

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How to use social media to get ahead

Social media allows for active communication in the classroom

RAF BRUSILOW
LIFE@METRONEWS.CA

FLICKR: YUSUNKWON

▶ Social media sites can help students share ideas beyond the classroom and connect with employers.

Social media can help you make friends, but can it help you get a degree, or even a job?

Experts say "Yes," as long as you clean up your act first.

Beyond offering fun ways to keep in touch, online sites like Facebook, LinkedIn or ePortfolio.org hold a lot of potential for sharing ideas beyond the classroom and connecting you to employers.

Tim Richardson, a professor of e-commerce who teaches at the University of Toronto, uses social media sites like YouTube as a direct part his classes, and he encourages students to showcase the work they're proud of — like research presentations — online.

He says social media can impact the classroom in a positive way because it often allows for active communication.

"Learning is not just about how we teach the course but it's about students teaching themselves. True communication is two-way, people have to be able to listen and respond to your ideas," Richardson said.

David Vogt, director of digital learning projects at the University of British Columbia's Faculty of Education, suggests the self-publishing aspects of social media can act as a kind of electronic resume but students also need to take command of their online image lest they reveal things that could harm their reputation.

"You have to think about managing your presence online and make sure there's not a bunch of embarrassing stuff out there about you. You also want to provide really accurate demonstrations of how you work. Think of anything you've done as resume material — everything digital about yourself you can aggregate," Vogt said.

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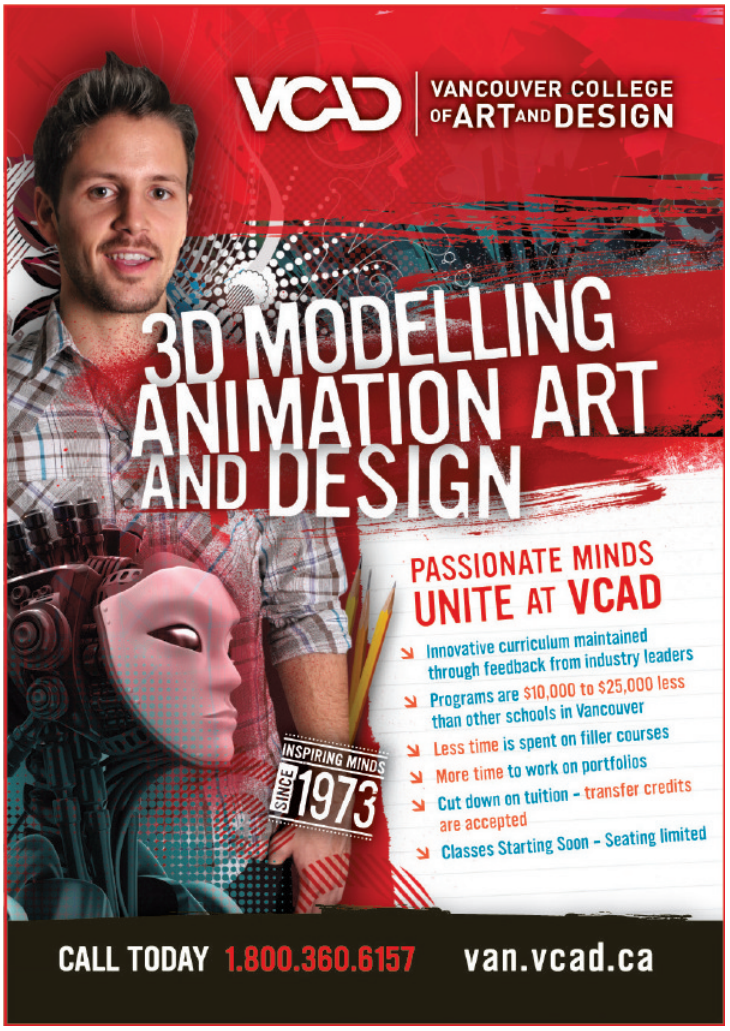
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Learn to let go

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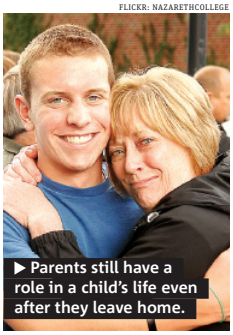

▶ Parents still have a role in a child's life even after they leave home.

University is often a time when parents struggle to cut the cord and students struggle to embrace their new independence — it's no surprise the whole event can get as messy as a freshman's dorm room.

Coping with independence is something all adults have to learn and the tumult of university can muddy up the waters even more by throwing grades and money into the mix.

Once a son or daughter is older than 18, their parents' only access to the details of their education —courtesy of the Freedom of Information and Protection of Privacy Act — comes from what they share personally, which is why it's important to keep a good relationship going.

Brenda Bradstreet, Canadian author of the independence manual Going Solo, says parents can manage their anxiety by first realizing that letting go is healthy and they can still have a supporting role in their child's new-found independence.

"The whole process can be very overwhelming — all of a sudden the house is empty. You have to keep yourself busy and keep your own life more active and social. If parents feel that their kids are prepared then I think it's easier to let go," Bradstreet said.

For students branching out on their own, often for the first time, the pressures and responsibilities of independence can be a bit scary — that's why guidance and counselling services exist on all campuses for all students to make use of.

"Know yourself and don't be afraid to think for yourself." Bradstreet said.

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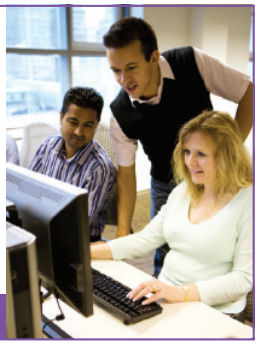

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Canucks hit Bulin Wall

Khabibulin makes 26 saves against Vancouver in return to Oilers

8	2
OILERS	CANUCKS

JOHN ULAN/THE CANADIAN PRESS

▶ Edmonton's Ryan Whitney, left, attempts to defend against Victor Oreskovich of the Canucks in front of goalie Nikolai Khabibulin during pre-season play yesterday.

It's been 10 months since troubled goaltender Nikolai Khabibulin appeared in net for the Edmonton Oilers, but there didn't appear to be much rust.

Khabibulin made 26 saves in his first action since being convicted of drunk driving in Arizona as the Oilers thumped the Vancouver Canucks 8-2 in NHL pre-season action yesterday.

Rookie Jordan Eberle led the way offensively for the Oilers with two goals and an assist.

Khabibulin was making his first start since suffering a string of setbacks, starting with a season-ending back injury last November.

He was convicted last month of drunk driving and excessive speeding stemming from an incident in a Scottsdale, Ariz., suburb last February.

The 37-year-old Russian received a minimum 30-day sentence. His lawyer immediately appealed, and the process could last months or even a year.

If jailed, it's possible Khabibulin could serve his time at a tent prison in the Arizona desert.

But from a playing perspective, Khabibulin was satisfied with his first game back from the lengthy absence.

"The shots through traffic, pucks in close and guys driving the net and banging for the rebound, you don't really get that in practice," he said.

"That's something I still need to get used to a little more. The more games I play the better it will get."

Shawn Horcoff and Dustin Penner also scored twice and Chris Vande Velde and Linus Omark had the other goals for the Oilers, who remained perfect in pre-season play at 3-0.

Manny Malholtra and Ryan Kesler scored for the Canucks (1-4).

Vancouver returns home to play San Jose tomorrow while Edmonton next hosts Phoenix on Wednesday.

THE CANADIAN PRESS

Notes

- Notable absences for the Canucks included Daniel and Henrik Sedin and Roberto Luongo.
- Highly-touted Canuck rookie prospect Cody Hodgson finally made his pre-season debut yesterday, coming back from battling a back injury.

Castoff is a hero for Hawks

27	20
SEAHAWKS	CHARGERS

With a metal rod in his right leg, Leon Washington was deemed expendable in New York.

Yesterday, he was invaluable in Seattle.

Washington made up for a Seattle slew of mistakes and missed chances, returning second-half kickoffs 101 and 99 yards for touchdowns to tie an NFL record, and the Seahawks held off Philip Rivers and the San Diego Chargers 27-20 on Sunday.

Pete Carroll's crew is now a surprising 2-1 and tied at the top of the mediocre NFC West. And Washington looks like a colossal steal after Seattle grabbed the versatile back from the Jets for a fifth-round pick during April's draft.

Seattle led 10-0 at the half, but was still smarting from a time management failure at the end of the second quarter. Washington made that a forgotten meltdown.

Washington caught the second-half kickoff one-yard deep in the end zone, and other than a couple of flailing hands grasping at his shoes, went untouched for the longest kickoff return in Seahawks history.

His dash midway through the fourth quarter was the clincher. Rivers had just pulled San Diego (1-2) even with a 12-yard pass to Antonio Gates and two-point conversion to Legedu Naanee with 6:39 left.

THE ASSOCIATED PRESS

4 sports

Quoted

"Right now we know we're probably going to be a third-place team. Saskatchewan and Calgary are not going to lose everything. They're going to win some games. For us, we want to get some momentum so we can get into the playoffs and then hopefully as a team be at the best at the right time."

B.C. LIONS COACH WALLY BUONO FOLLOWING HIS TEAM'S 29-10 VICTORY OVER CALGARY ON SATURDAY.

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Tampa Bay	93	62	.600	—	—	5-5	L-1	48-30	45-32
New York	93	63	.596	½	—	5-5	W-1	52-29	41-34
Boston	86	69	.555	7	6½	5-5	L-1	44-34	42-35
Toronto	80	75	.516	13	12½	7-3	W-4	44-34	36-41
Baltimore	61	94	.394	32	31½	4-6	L-4	34-43	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	92	63	.594	—	—	5-5	L-3	52-25	40-38
Chicago	83	72	.535	9	9½	4-6	W-4	40-34	43-38
Detroit	80	75	.516	12	12½	8-2	W-4	52-29	28-46
Cleveland	65	91	.417	27½	28	5-5	W-3	35-43	30-48
Kansas City	63	92	.406	29	29½	3-7	L-3	34-40	29-52

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	87	68	.561	—	—	5-5	W-3	48-26	39-42
Oakland	77	78	.497	10	15½	5-5	L-3	47-34	30-44
Los Angeles	75	80	.484	12	17½	4-6	L-4	40-38	35-42
Seattle	59	96	.381	28	33½	4-6	W-1	35-42	24-54

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
z-Philadelphia	93	63	.596	—	—	8-2	L-2	52-29	41-34
Atlanta	87	69	.558	6	½	4-6	L-1	52-23	35-46
Florida	77	78	.497	15½	10	4-6	L-1	38-39	39-39
New York	76	79	.490	16½	11	4-6	W-2	44-30	32-49
Washington	67	89	.429	26	20½	5-5	W-1	40-38	27-51

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	87	69	.558	—	—	4-6	W-1	45-30	42-39
St. Louis	80	75	.516	6½	7	5-5	W-1	46-28	34-47
Houston	74	82	.474	13	13½	4-6	L-2	41-37	33-45
Milwaukee	73	82	.471	13½	14	6-4	W-1	40-41	33-41
Chicago	70	85	.452	16½	17	6-4	L-1	35-46	35-39
Pittsburgh	55	100	.355	31½	32	7-3	W-2	40-41	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Francisco	88	68	.564	—	—	6-4	W-1	45-30	43-38
San Diego	87	68	.561	½	—	5-5	L-1	44-33	43-35
Colorado	83	72	.535	4½	4	4-6	L-1	52-26	31-46
Los Angeles	75	81	.481	13	12½	3-7	L-2	43-35	32-46
Arizona	64	92	.410	24	23½	6-4	W-2	40-41	24-51

z-clinched playoff berth; x-clinched division

AMERICAN LEAGUE

Yesterday's results
Toronto 5 Baltimore 2
Cleveland 5 Kansas City 3
Detroit 5 Minnesota 1
Seattle 6 Tampa Bay 2
Chicago White Sox 4 L.A. Angels 3
Texas 16 Oakland 9
N.Y. Yankees 4 Boston 3 (10 ings.)
Saturday's results
Toronto 5 Baltimore 4 (11 ings.)
Texas 4 Oakland 3
Boston 7 N.Y. Yankees 3
Cleveland 7 Kansas City 1
Detroit 11 Minnesota 10 (13 ings.)
Tampa Bay 9 Seattle 1
Chicago White Sox 6 L.A. Angels 2
Tonight's games
(All times Eastern)
Detroit (Galarraga 4-7) at Cleveland (C.Carrasco 1-1), 7:05 p.m.
N.Y. Yankees (A.J.Burnett 10-14) at Toronto (Rzepczynski 2-4), 7:07 p.m.
Baltimore (Matusz 8-12) at Tampa Bay (W.Davis 12-9), 7:10 p.m.
Seattle (Pauley 3-8) at Texas (C.Wilson 14-7), 8:05 p.m.
Boston (C.Buchholz 16-7) at Chicago White Sox (Buehrle 12-12), 8:10 p.m.
Minnesota (Slowey 13-6) at Kansas City (Davies 8-11), 8:10 p.m.
Oakland (Bre.Anderson 6-6) at L.A. Angels (E.Santana 17-9), 10:05 p.m.

NATIONAL LEAGUE

Yesterday's results
Washington 4 Atlanta 2
Pittsburgh 9 Houston 3
N.Y. Mets 7 Philadelphia 3
Milwaukee 7 Florida 1
St. Louis 8 Chicago Cubs 7
San Francisco 4 Colorado 2
Cincinnati 12 San Diego 2
Arizona 5 L.A. Dodgers 4
Saturday's results
Atlanta 5 Washington 0
Chicago Cubs 7 St. Louis 3
San Diego 4 Cincinnati 3
Pittsburgh 6 Houston 4
N.Y. Mets 5 Philadelphia 2
Florida 4 Milwaukee 0
Arizona 5 L.A. Dodgers 2
Colorado 10 San Francisco 9 (10 ings.)
Tonight's games
(All times Eastern)
Philadelphia (Halladay 20-10) at Washington (Lannan 8-7), 7:05 p.m.
Florida (Sanabia 5-3) at Atlanta (Hanson 10-11), 7:10 p.m.
Milwaukee (Bush 7-13) at N.Y. Mets (Pelfrey 15-9), 7:10 p.m.
Pittsburgh (Morton 2-11) at St. Louis (Lohse 4-8), 8:15 p.m.
L.A. Dodgers (Lilly 8-12) at Colorado (Jimenez 19-7), 8:40 p.m.
Chicago Cubs (Zambrano 9-6) at San Diego (Stauffer 5-4), 10:05 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	93	63	.596	-
Boston	86	69	.555	6.5

NATIONAL LEAGUE

	W	L	Pct	GB
San Diego	87	68	.561	-
Atlanta	87	69	.558	0.5
Colorado	83	72	.535	4.0
St. Louis	80	75	.516	7.0

AMERICAN LEAGUE

BLUE JAYS 5, ORIOLES 2

Baltimore	ab	r	h	bi	Toronto	ab	r	h	bi
BRorts 2b	5	0	0	0	Snider lf	3	1	1	0
Markks rf	4	0	0	0	A.Hill 2b	4	0	0	0
Wggntn 1b	3	1	1	0	McCoy 2b	0	0	0	0
Scott dh	2	0	1	0	JBautst rf	2	1	0	0
Pie lf	4	0	0	0	V.Wells cf	4	0	1	1
AdJons cf	4	1	3	1	Overay 1b	4	0	1	1
Wieters c	3	0	0	1	J.Buck c	3	2	2	0
Andino 3b	4	0	1	0	Lind dh	4	1	3	0
Clzturs ss	4	0	1	0	Encrnc 3b	3	0	0	0
JMcDnl ss	2	0	1	3					
Totals	**33**	**2**	**7**	**2**	**Totals**		**29**	**5**	**5**

Baltimore				010	000	010	2			
Toronto				111	002	00x	5			

E—VandenHurk (1), J.Buck (4). DP—Baltimore 2. LOB—Baltimore 8, Toronto 5. 2B—Overbay (35), Lind (31). SB—Ad.Jones (6), Snider (6). SF—Wieters, Jo.McDonald.

	IP	H	R	ER	BB	SO
Baltimore						
VandenHurk L,0-1	4	4	3	3	2	5
Simon	1-3	0	0	0	0	0
Albers	1 2-3	3	2	2	0	1
Da.Hernandez	2	2	0	0	0	0
Toronto						
Marcum W,13-8	7	4	1	0	2	7
Camp	2-3	3	1	1	0	0
Frasor S,4-8	1 1-3	0	0	0	0	1

T—2:48. A—17,831 (49,539) at Toronto.

SOCCER

MLS

Saturday's results
San Jose 3 Toronto FC 2
Philadelphia 3 Chivas USA 0
Houston 3 D.C. United 1
New England 2 Columbus 2
Seattle FC 1 Chicago 0
FC Dallas 3 Kansas City 1
Real Salt Lake 1 Colorado 1
Wednesday's games
(All times Eastern)
Philadelphia at Colorado, 9 p.m.
Chicago at San Jose, 11 p.m.

ENGLAND

PREMIER LEAGUE

Yesterday's results
Bolton 2 Manchester United 2
Wolverhampton 1 Aston Villa 2
Newcastle 1 Stoke 2

GERMANY

BUNDESLIGA

Yesterday's results
Kaiserslautern 0 Hannover 1
Wolfsburg 2 Freiburg 1

ITALY

SERIE A

Yesterday's results
Bari 2 Brescia 1
Catania 1 Bologna 1
Cesena 1 Napoli 4
Chievo Verona 0 Lazio 1
Fiorentina 2 Parma 0
Juventus 4 Cagliari 2
Palermo 2 Lecce 2
Sampdoria 0 Udinese 0

SCOTLAND

PREMIER LEAGUE

Yesterday's result
Aberdeen 2 Rangers 3

SPAIN

LA LIGA

Yesterday's results
Atletico Madrid 1 Zaragoza 0
Deportivo La Coruna 0 Almeria 2
Espanyol 1 Osasuna 0
Hercules 2 Sevilla 0
Mallorca 2 Real Sociedad 0
Racing Santander 0 Getafe 1

NHL

PRE-SEASON

Yesterday's results
Detroit 5 N.Y. Rangers 3
Montreal 4 Minnesota 3
Edmonton 8 Vancouver 2
St. Louis 2 Colorado 0
Tonight's games
(All times Eastern)
Buffalo at Toronto, 7 p.m.
Florida at Montreal, 7:30 p.m.
Atlanta at Nashville, 8 p.m.
Tomorrow's games
Buffalo vs. Ottawa (at Dundas, Ont.), 7 p.m.
Philadelphia at New Jersey, 7 p.m.
Boston at Washington, 7 p.m.
Chicago at Pittsburgh, 7 p.m.
Minnesota at Columbus, 7 p.m.
Dallas at Colorado, 9 p.m.
Phoenix at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Anaheim at Los Angeles, 10:30 p.m.

CANADIENS 4, WILD 3

First Period
1. Montreal, Engqvist 1 (Schultz) 9:49
2. Minnesota, Clutterbuck 1 (Zidlicky, Miettinen) 12:12
Penalties — Zidlicky Min (interference) 12:41, Engqvist Mtl (slashing) 15:37, Kobasew Min (high-sticking) 19:46.
Second Period
3. Montreal, White 1 (Picard, Gomez) 6:23
4. Montreal, Boyd 2 (Pacioretty, Nash) 6:57
5. Montreal, Nash 1 (Pacioretty, Carle) 8:02
Penalties — Henry Mtl, Kalus Min (fighting) 2:57, Schultz Mtl, Bagnall Min (fighting) 3:26, Peters Min (holding) 4:08, Gillies (high-sticking) 15:01, Stoner Min (tripping) 15:53, Zidlicky Min (tripping) 17:11, Henry Mtl (interference) 19:35.
Third Period
6. Minnesota, Falk 1 13:21
7. Minnesota, Brodziak 1 (Miettinen, Latendresse) 19:47
Penalty — Subban Mtl (roughing) 9:10.
Shots on goal by

Montreal	13	9	6	28
Minnesota	4	1	9	14

Goal — Montreal: Auld (W); Minnesota: Khudobin (L) **Power plays (goals-chances)** — Montreal: 0-6; Minnesota: 0-3.
Attendance — 21,273 at Minneapolis.

OILERS 8, CANUCKS 2

First Period
1. Edmonton, Eberle 1 (Whitney) 2:00 (pp)
2. Edmonton, Penner 1 (Vandermeer, Omark) 4:46 (pp)
3. Vancouver, Malholtra 1 (Torres, Sweatt) 6:28
4. Edmonton, Horcoff 1 (Eberle) 6:44
5. Edmonton, Eberle 2 (Horcoff, Hall) 16:40
Penalties — Morrision Vcr (hooking) 1:03, Kesler Vcr (hooking) 3:06, Hordichuk Vcr (roughing) 7:20, Volpatti Vcr, Strudwick Edm (fighting) 7:20.
Second Period
6. Edmonton, Vande Velde 2 (Hartikainen, Petry) 4:45
7. Vancouver, Kesler 1 (Raymond) 17:56
Penalties — Brule Edm (tripping) 2:02, Hordichuk Vcr, Stortini Edm (fighting) 4:57, Whitney Edm (slashing) 5:24, Rome Vcr (holding) 8:45, Strudwick Edm (holding) 11:53, Samuelsson Vcr (slashing) 12:47, Brule Edm (roughing) 12:47, Hordichuk Vcr (interference) 15:03.
Third Period
8. Edmonton, Horcoff 2 (Vandermeer, Hall) 0:45
9. Edmonton, Omark 1 (Motin, Brule) 1:28
10. Edmonton, Penner 2 (Brule, Omark) 14:19
Penalties — Vandermeer Edm (cross-checking) 8:54, Sweatt Vcr (interference) 11:43.
Shots on goal by

Vancouver	6	12	10	28
Edmonton	15	6	12	33

Goal — Vancouver: Schneider (L,0-2-0); Edmonton: Khabibulin (W,1-0-0).
Power plays (goals-chances) — Vancouver: 0-4; Edmonton: 2-6.
Referees — Brad Meier, Brian Pochmara.
Linesmen — Vaughan Rody, Mark Wheler.
Attendance — 16,839 (16,839) at Edmonton.

NFL

WEEK 3

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	2	1	0	.667	68	47
Miami	2	1	0	.667	52	51
New England	2	1	0	.667	90	82
Buffalo	0	3	0	.000	47	87

SOUTH

	W	L	T	Pct	PF	PA
Houston	2	1	0	.667	77	78
Indianapolis	2	1	0	.667	89	61
Tennessee	2	1	0	.667	78	42
Jacksonville	1	2	0	.333	40	83

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	3	0	0	1.000	72	33
Cincinnati	2	1	0	.667	59	55
Baltimore	2	1	0	.667	44	41
Cleveland	0	3	0	.000	45	57

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	1	2	0	.333	72	61
Denver	1	2	0	.333	61	65
Oakland	1	2	0	.333	52	76

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Philadelphia	2	1	0	.667	83	62
Washington	1	2	0	.333	56	67
Dallas	1	2	0	.333	54	53
N.Y. Giants	1	2	0	.333	55	85

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	2	1	0	.667	77	46
New Orleans	2	1	0	.667	63	58
Tampa Bay	2	1	0	.667	50	59
Carolina	0	3	0	.000	32	71

NORTH

	W	L	T	Pct	PF	PA
Chicago	2	0	0	1.000	46	34
Green Bay	2	0	0	1.000	61	27
Minnesota	1	2	0	.333	43	38
Detroit	0	3	0	.000	56	78

WEST

	W	L	T	Pct	PF	PA
Seattle	2	1	0	.667	72	57
Arizona	2	1	0	.667	48	77
St. Louis	1	2	0	.333	57	49
San Francisco	0	3	0	.000	38	87

Yesterday's results
Atlanta 27 New Orleans 24 (OT)
Baltimore 24 Cleveland 17
Cincinnati 20 Carolina 7
Dallas 27 Houston 13
Kansas City 31 San Francisco 10
Minnesota 24 Detroit 10
New England 38 Buffalo 30
Pittsburgh 38 Tampa Bay 13
Tennessee 29 N.Y. Giants 10
St. Louis 30 Washington 16
Philadelphia 28 Jacksonville 3
Seattle 27 San Diego 20
Arizona 24 Oakland 23
Indianapolis 27 Denver 13
N.Y. Jets 31 Miami 23
Tonight's game
Green Bay at Chicago, 8:30 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	12	9	3	0	388	290	18
Hamilton	12	6	6	0	295	318	12
Toronto	12	6	6	0	243	317	12
Winnipeg	12	3	9	0	331	333	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	406	274	18
Saskatchewan	12	8	4	0	353	329	16
B.C.	12	4	8	0	308	305	8
Edmonton	12	3	9	0	224	378	6

x — clinched playoff berth.
Yesterday's result
At Moncton, N.B.
Edmonton 24 Toronto 6
Saturday's results
B.C. 29 Calgary 10
Saskatchewan 32 Hamilton 25
Friday's result
Montreal 44 Winnipeg 40

GOLF

TOUR CHAMPIONSHIP

At Atlanta
Par 70
Final Round

Jim Furyk, $1,350,000	67-65-70-70-272
Luke Donald, $810,000	66-66-71-70-273
Retief Goosen, $517,500	71-66-66-71-274
Nick Watney, $330,000	71-74-63-67-275
Paul Casey, $330,000	66-71-69-69-275
Charley Hoffman, $270,000	71-67-69-70-277
Ernie Els, $247,500	71-71-71-65-278
K.J. Choi, $247,500	68-68-74-68-278
Zach Johnson, $208,125	74-72-66-67-279
Camilo Villegas, $208,125	73-69-68-69-279
Ryan Moore, $208,125	70-72-68-69-279
Kevin Streelman, $208,125	70-70-69-70-279
Tim Clark, $178,500	70-73-70-67-280
Geoff Ogilvy, $178,500	66-67-72-75-280
Justin Rose, $162,000	74-68-72-67-281
Hunter Mahan, $162,000	69-71-73-68-281
Ben Crane, $147,000	71-69-76-66-282
Robert Allenby, $147,000	71-70-71-70-282
Bubba Watson, $147,000	75-69-67-71-282
Jason Day, $147,000	69-69-71-73-282
Kevin Na, $147,000	69-68-69-76-282
Dustin Johnson, $136,500	73-71-73-66-283
Phil Mickelson, $136,500	69-72-68-74-283
Bo Van Pelt, $132,000	74-69-69-72-284
Matt Kuchar, $127,500	72-70-72-71-285
Steve Stricker, $127,500	74-68-68-75-285
Adam Scott, $124,500	74-71-69-74-288
Ryan Palmer, $123,000	74-72-73-70-289
Jeff Overton, $121,500	75-70-73-73-291
Martin Laird, $120,000	75-73-74-73-295

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
CLEVELAND INDIANS—Acquired OF Preston Mattingly from the L.A. Dodgers for OF Roman Pena.

HOCKEY

NHL

CAROLINA HURRICANES—Assigned F Jon Matsumoto, F Riley Nash, F Jerome Samson, F Jared Staal and D Bryan Rodney to Charlotte (AHL).
CHICAGO BLACKHAWKS—Assigned F Chris DiDomenico and D Shawn Lalonde to Rockford (AHL).
COLUMBUS BLUE JACKETS—Assigned F Kyle Neuber, F Chris Francis, F Tyler Murovich, D Michael Ratchuk and D Dalton Prout to Springfield (AHL).
COLORADO AVALANCHE—Reassigned G John Grahame, G Jason Bacashihua, D Cameron Gaunce and RW Luke Walker to Lake Erie (AHL). Reassigned D Stefan Elliott to Saskatoon (WHL).
MONTREAL CANADIENS—D Mathieu Dandenault announced his retirement.
ST. LOUIS BLUES—Assigned D Daryl Boyle, D Mark Cundari, F Anthony Peluso, F Philip McRae, F Anthony Nigro, F Tyler Shattock, F Stefan Della Rovere, G Jake Allen and G Gerald Coleman to Peoria (AHL). Assiged D Brett Ponich to Portland (WHL), D David Shields to Erie (OHL), F Cody Beach to Calgary (WHL), F Stephen MacAulay to Saint John (QMJHL) and F Chris DeSousa to London (OHL).
PITTSBURGH PENGUINS—Assigned G Mattias Modig to Wilkes-Barre/Scranton (AHL).
TAMPA BAY LIGHTNING—Assigned F Mike Angelidis, D Mark Barberio, F Alex Berry, F Mitch Fadden, F Mitch Fritz, F Stefano Giliati, D Radko Gudas, F Alex Hutchings, D Scott Jackson, G Jaroslav Janus, F Blair Jones, D Vladimir Mihalik, F Niklas Persson, D Kevin Quick, F Juraj Simek, F Paul Szczechura, G Dustin Tokarski, D Ty Wishart and F James Wright to Norfolk (AHL). Released F Matt Fornataro and F Tim Marks.

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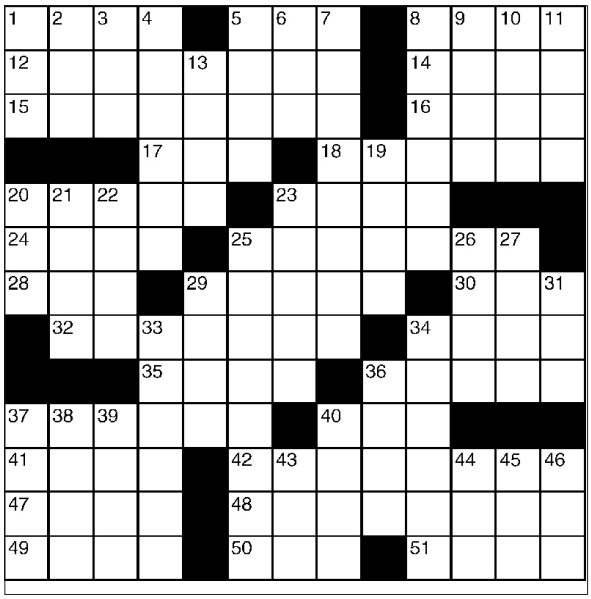
Crossword



Across

1 Victories
5 Exist
8 Grate
12 Baldness
14 Always
15 Head of state?
16 Dossier
17 Travail
18 So all can hear
20 Donkeys
23 Intimidates
24 Storage structure
25 Glasses with stems
28 Crone
29 Israel politico Shimon
30 Ram's mate
32 Special boys
34 Throb
35 Unctuous
36 That certain something
37 Tenor Enrico
40 America's uncle
41 Addict
42 A driver tries to hit it
47 Rod attachment
48 Sort of
49 "— and the Tramp"
50 Baseballer's topper
51 Go by bus

Down

1 Joker
2 UN agency
3 Oct. follower
4 Gushed forth
5 Dermatologist's case
6 Carnival city
7 Oft-pierced body parts
8 Just say no to
9 Eager
10 Vend
11 Quarry
13 Love god
19 Hooters
20 Blond shade
21 Carpet type
22 Lily variety
23 Hackneyed
25 Based on earth science
26 Abound
27 Trade
29 Omegas' preceders
31 Biblical verb suffix
33 With sullenness
34 Wartime plane
36 Lummoxes
37 Ringlet
38 Between ports
39 Oboe insert
40 Reply to a masher
43 — budget
44 Blackbird
45 1960s hallucinogen
46 Sheltered side

▶ Yesterday's answer

D	A	H	■	F	R	O	M	■	R	A	M	P
O	W	E	■	I	O	W	A	■	E	V	I	L
H	E	A	D	L	A	N	D	■	B	E	N	E
■	■	D	E	E	D	■	■	A	O	R	T	A
M	O	L	A	R	■	O	C	H	O	■	■	■
O	V	I	D	■	S	M	O	O	T	H	I	E
L	E	N	■	A	P	E	R	Y	■	E	N	D
D	R	E	S	S	A	G	E	■	P	A	G	E
■	■	■	O	K	R	A	■	B	I	D	E	N
J	E	A	N	S	■	■	F	U	E	L	■	■
E	A	R	N	■	H	E	A	D	R	O	O	M
T	R	E	E	■	A	M	I	D	■	C	U	E
S	L	A	T	■	D	U	L	Y	■	K	I	X

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	3	9	4	8	6	1	7	2
6	7	4	2	1	5	8	3	9
8	1	2	9	3	7	6	4	5
1	2	5	8	7	3	4	9	6
7	8	6	5	4	9	2	1	3
9	4	3	6	2	1	5	8	7
2	6	8	3	9	4	7	5	1
4	9	7	1	5	2	3	6	8
3	5	1	7	6	8	9	2	4

Send a KISS

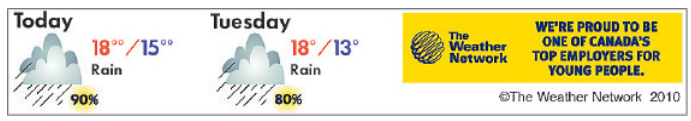
Show some love! Send a note to somebody special at kiss@metronews.ca

Stef, thank you for all your love and support, you truly are the best friend ever!
EV

Hey Babycakes, Salgirah mubarak! I love you! I wish you the best birthday and want all your wishes to come true!
LOVE, BABES

Randal, After our first dance you asked me what I was doing the rest of my life. 3 years later we are still "in the fog". Happy Anniversary honey! I love you so much.
TAMMY

Want to make sure that everyone is gona have a good week. Want everyone to have a good time this week and have fun. Jes, Sab, RAS, Nicole, Verd, Ebi, Eva and others.
CARLOS



Today's horoscope

♈ Aries March 21-April 20 You will gobble up work and routine matters today but there is also a danger that you will take on too much and restrict the time you have available for other interests.

♉ Taurus April 21-May 21 No target is beyond your reach but you must be clear in your mind what it is you are aiming for.

♊ Gemini May 22-June 21 You may be finding it difficult to persuade people to do things for you at the moment but that will alter when Mercury, your ruler, changes signs next weekend.

♋ Cancer June 22-July 22 You may find it hard to keep your mouth shut today, even though you know that you should. Make it your business to put them straight.

♌ Leo July 23-Aug.23 Something will happen today that makes you realize that, while it's good to be generous, you need to be mindful of who you choose to help out. Not everyone deserves a helping hand

♍ Virgo Aug. 24- Sept. 22 It's never too late to start something new and while Mercury, your ruler, remains in your sign you will get every opportunity to get a creative dream off the ground. That gives you about six days to get serious about it.
.

♎ Libra Sept. 23-Oct. 23 If you need to ask someone a favor do so today while the planets are aligned in your favor. If you leave it until later in the week the influence of Saturn in your sign could make a "no" answer more likely.

♏ Scorpio Oct. 24-Nov. 22 The dividing line between fact and fiction can be difficult to spot and you'll need to make a special effort to see it today.

♐ Sagittarius Nov. 23-Dec. 21 Because Sagittarius is a Fire sign people expect you to be assertive at times and you will certainly need to push a bit harder than usual today if you want to get things done.
?

♑ Capricorn Dec. 22-Jan. 20 Actions always have consequences – not sometimes, always – and if you keep that thought in mind today it will guide the kind of actions you need to take

♒ Aquarius Jan. 21-Feb. 18 Check facts and figures carefully because there is a possibility that someone is trying to mislead you.

♓ Pisces Feb. 19-March 20 If someone asks for your opinion today you must be honest with them, even if you suspect they won't much like what you say. It's not your responsibility to spare their precious feelings, it's your job to tell it like it is.

SALLY BROMPTON

Caption contest

ANTONIO CALANNI/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LAI SENG SIN/THE ASSOCIATED PRESS

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Web: skilledimmigrants.vpl.ca
Employment information for career decisions
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